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Are the pendulum's answers valid regarding others?

A Good morning.

Guests: Good morning.

A You are refreshed. You are ready to begin?

Guests: Yes.

A You are ready to begin?

Guests: Yes.

A We are ready for you. Begin here. Then there. Here and then there. Right here.

Q Thank you Abraham for sharing with us. My question is in reference to the use of pendulum. Someone very dear to me feels compelled to use the pendulum in just about everything in his life. Could you comment on this for us?

A You are understanding what her question is?

Guests: No.

A Describe it if you want to.

Q He just feels... The process of using the pendulum for answers to questions for himself and for others.

A In other words, he hangs something on a something and designates “no” this way and “yes” this way. Centers, asks his question and lets the pendulum tell him “yes” or “no.” And so, the important thing about it is to phrase your question in a way that it can be answered “yes” or “no.” It is an effective way because what he is actually doing is allowing his inner mind to respond, and as he plays the game longer so that he really does release his thoughts about it, and allows his inner mind to answer. That is the tricky part. In other words, it is the clearing of one’s mind and allowing Broader Perspective to give the answer. Now, every now and again, Esther has played the game and she usually plays it at a time when she knows that she’s so involved in the answer that it’s hard... In other words...

Q You know what the answer’s going to be.

A When Esther stands before you, it’s very easy for her to open and allow Abraham to flow, for a number of reasons. One, it is something she has allowed often enough that it is very easy for her to get into that allowing vibration. Another thing is that you all have begun the asking of your question long before they bring their physical bodies here, so the vortex has already been opened. The Energy is very strong. But when Esther is asking an individual question on her own, sometimes she is not as clear about what she is receiving. In other words, it is not easy to go from the asker of the question to the receiver of the answer. And so, sometimes the pendulum is a good way to go about that.

Q He says he has a source of information. The source is himself as I understand it. Is that right?

A Well, the Source is All-That-Is. In other words, he is the receiver but he is not the source, necessarily, of the information that is coming forth. You can be. In other words, you can say, “I want to know what I really think about this.” Or you could say, “I want to know what Broader Perspective thinks about this.”

What Esther would do before she was receiving from Abraham in this full way is, she would simply make the statement as she makes every time she brings Abraham forth: “I want to speak clearly the words from Broader Perspective.” Another thing that is quite fun to do, and Esther does this often, even when she’s driving, and it is the same idea of the pendulum except it is more accessible because you don’t have to get it out of your pocket, and that is, she will ask the question in a way that can be answered in yes or no format and she will relax and just wait for the nodding and when receives the nodding...

Now, for example, she may say, “Abraham, are we going to have a wonderful time today?” The nodding is very, very strong. She may say, “Abraham, will we have nice weather today?” In other words, something that is less important to her. The nodding is less emphatic. In other words, she can feel the degree of her desire indicated in the emphasis of the nodding, and you feel that in the pendulum too. Then, as a sort of checking often, once Esther receives an impulse that goes one way or the other, she will try herself to make it go the other way. In other words, when it comes this way, just to check it, she’ll try to make it go that way, and she can barely move her head. In other words, she can feel it really was this way. Get the sense of what we are talking about?

We encourage you all to play the game because all of you are connected to this Broader Perspective that can give you information. In other words, there is not one of you who is not an extension of Nonphysical Energy.

Q What about asking questions about other people?

A Well, again, the most important thing in all of this... You can't defy *Law of Attraction*. So, you have to be in vibrational harmony with your Source Energy before you can receive information from Source Energy. And so, if you are in vibrational harmony with Source Energy, anything that you would be asking about another would be with their best interests in mind. In other words, some say, "Well, Abraham, I wouldn't want anybody to have too much power of my experience." And we say, nobody has any power over your experience, but there are many well-meaning friends who are asking on your behalf, and if they're not connected with Source Energy, don't worry about it. They have no power anyway. And if they are connected to Source Energy, anything that they are thinking about you is beneficial to you. So there is no way that it can go wrong.

Q Thank you.

A Yes.

How can we not worry about health?

Q Hi Abraham. I just want to say thank you to Jerry for his excellent, beautiful story telling of Sara. I hope there is a sequel to Sara at some point in time.

A It is nearly finished. And Esther says, "Ten times better than the first."

Q Ah, fabulous. Before I get to my question, yesterday, after I purchased the tapes, I decided it was so beautiful, and I felt that Energy that just, *please let me just hold on to this*, and so, I went to the park with Jerry on my ears and just laid in the grass and watched the clouds and I can tell you it was... I mean, I felt like I went on a vacation to Hawaii or something. That's how refreshed and eager I am right now. It's wonderful.

A It's sort of your nature, we notice.

Q Yes, it is. I just want to say I just flashed on something. My husband has been very worried about his health, and I just flashed on that I, in my stuff right now, or in my high Energy, I zapped in, I think, into his worry.

A Yes. It's not easy to watch someone doing something without, in your observation of them doing it, you take it into your vibration too.

Q So, I have to remember to set my Tone and just keep going.

A You have to just remember that all is well.

Q All is well

A Step back from the details that are hammered at you in such distorted proportion and accept that your Earth spins in its orbit—that's big. That's bigger than all the things... That's bigger than all the things you worry about put together. Just think about the water content. That, too, is bigger than all the things you worry about. Think about gravity. That's bigger and better than all the things you worry about. In other words, you have so many evidences of Well-Being. We can barely understand why you get focused on some little clump of something that holds you. It's like all of the radio stations in the world pleasing you but that one, and every day you listen to it and complain about it. There are 500 others. You say, "Nope. I'm going to listen to that one until it's off the air."

Q Thank you very much.

A Indeed. Right here. Yes. Across the aisle and...

Chiropractor questions Nonphysical aspects of healing.

Q Hi Abraham. I'm a chiropractor, and as such, I have a lot of people come to me to get care. And I notice that a large majority of them will improve, and then some will not, but what I'm kind of wondering is, from the Nonphysical Perspective, is what is it that I am doing, because I know that you said before that you can't change somebody else's...influence somebody else's desires or...

A Well, you can influence. You can't vibrate for them. But you can vibrate so powerfully that you can influence their vibration, but it is usually a temporary influence unless you can keep them on your table for a long, long time.

Q Okay. So the effect that I'm having is pretty much a temporary one. I guess this is a two-fold question. One is, is what I'm doing really having a good effect on the people, or is it more of their...just giving them an excuse to get better? And second, how much of it is that my patients are actually a mirror for me and what I need to be paying attention to?

A Well, some of all of that. Let's clarify for you. Let's say that you have a hundred patients that you see regularly and a handful of them are really doing very, very well, and you're glad to see them, the dollars flow comfortably from them. But let's say the other 95, or so, are not improving much, not paying like they should. So, you're feeling bogged down.

We're offering a hypothetical here. We're not reading your business, at all. But we want you to hear this: If you were able to focus on those five that are improving—within six months your whole business would shift to be mostly like that. But if you are like most people, who are observing what-is, then whatever is dominantly offered to you now is what you will continue to... So in that sense, your business is always a reflection of what you are offering, but usually the reason for that is because whatever it is you are observing, whatever you're observing, you're vibrating, whatever you're vibrating, you're getting more of.

Most people, when they begin a business, have greater success in the beginning than later on, because in the beginning, when there was no business to observe, everything about their business that they thought about, was imagined—and you usually do a better job in your imagination than you do when you start facing reality, you see. Now talk to us about...

What is happening with you when you are interacting with a person, their desire... You see, whatever they have been living have brought them to this physical place now where they have strong desire, and they are there with you because they have some belief, at least, that you will assist them in satisfying their desire. And so, this is a very good situation because the contrast has caused them to have desire. You, in many cases, give them a reason to believe that their desire can be answered—and so, you are an influencer to help them allow what the contrast has caused them to desire. Does that make sense to you?

Q Um huh.

A So, what are your questions? In other words...

Q Well, I guess what I was trying to do is, if I understood a little bit more about the effect that I was having, I could either help them more or...

A All right. So this is the way we would do that. So let's say... What is the... Who comes to your mind most? What's the typical, or the loudest in your mind, scenario of a client?

Q A typical automobile accident injury person. You want specifics of the person or...?

A So, they come to you...

Q They come to me, usually, in some degree of pain.

A And they are unhappy about where they are relative to where they once were, and they are hoping that you can restore them to their healthy position?

Q Right.

A To what they can remember?

Q Yes.

A Well, the most important that you are doing in a situation like that then is giving them reason to expect that they will return to that. And, you see, while you are a healer, certainly, we would give you another label that is even more important, and that is that of teacher, because unless you are able to help them understand what is happening, often they will end up in the same situation again. In other words, something in their vibration caused that accident to begin with, and while you can, maybe, soothe the tension, you can't, through your manipulation, do much about the thoughts that got them there to begin with.

Now, here is the easiest way to look at this. We are just going to relax and let this unravel in the way that you will really hear it. You heard us say earlier that if you have negative emotion, which means you are including vibrations that are not in harmony with your Source, which means you are causing resistance, which is causing a separation between who-you-are—who-you-really-are and who-you-are in this moment—that's what negative emotion is.

You see, when you are allowing the Energy to flow through you, you're clear-minded. When you are not, you are confused. When you're allowing the Source Energy to flow through you, you are healthy. When you do not, you are less healthy. When you allow the Source Energy

to flow through you, you are abundant in all facets of Well-Being. As you pinch that Energy off, you are less abundant in these facets of Well-Being.

And so, when you have a thought that is not in harmony with Source, and not a match to your desire for Well-Being, and you don't know you're having that thought, and you're feeling negative emotion, which is your signal to let you know that you're having that thought, but you don't know that the emotion of negative emotion is telling you anything because you haven't been taught it, so you just endure the negative emotion, like touching the hot stove, until you acclimate to that feeling. Then, it is as we said to you, earlier, if you don't do anything to raise your vibration, don't worry about it. The Universe will respond to whatever vibration it is that you are offering.

Well, the earlier you recognize what you are doing and no longer do it, then the sooner you have better results. But if you are offering the vibration and you don't know it, and so, it gets bigger, then the negative emotion becomes sensation. You might even call it pain. If you still don't transmute it, then it becomes disease or it becomes an accident. In other words, so the majority of people who are coming to you are people who, while they may have desires to feel good, have habits of thought that is keeping them from receiving the Well-Being that they really want. So anything that you do, usually with manipulation or adjustment, is a temporary fix because usually the patterns of thought that led them there don't change.

Now, certainly, you are conduit of Energy because you have the ability to know where they are wanting to be, and as you are able to hold them in your mind's eye in that light of being—light, not meaning the electricity or the Energy, but in the attitude of being well... As you see them as well, rather than letting them convince you of how they are feeling, now the Energy flows through you, and since you are not in pain in the moment, you flood the Energy to them and they receive benefit from your touch, benefit from your attention, benefit from your focus. But, of course, you can't hold all of them in your attention. They need to find a way to be connected to the current themselves.

So, what we would do if we were standing in your physical shoes? We would, first thing we would say to someone is, "Doesn't matter where you've been or where you are. You can get into a better-feeling place if it is your desire, and I can tell by what I am hearing from you," you say to them, "and from what I'm seeing, and by the fact that you are here, that that's what you want. So this will not be as difficult a task as some might think."

Now, one benefit that you have, and it is a big one, is that when someone has been hurt or when they are hurting, their desire for relief is very, very strong. So their desire is pulling for them. It's on your side, so to speak. And then, your work is to bring them to a place of soothing.

Now, we would encourage, especially in the beginning with people, anything that you can do to bring ease. In other words, don't work on them hard and fast. Give them an opportunity to relax onto your table. Give them an opportunity to... In other words, give them comfort, first and foremost, because what you are wanting to do is to distract them from anything that isn't allowing the Energy to flow. Their desire is summoning Energy at a stronger rate than they have ever summoned it before, but their belief, in whatever has happened to them, is causing them to not allow that Energy to flow. So, they are in a worse place than they have ever been, because, one, they are summoning more Energy than they usually summon, and their expectation is not allowing the Energy to flow. So, that's why trauma sets in. That's why it is so heightened. That's why they often come to you feeling so bad.

So what you're wanting to do... Even if you could establish longer appointments, it would be beneficial, because if you could spend ten or twenty minutes just relaxing them and soothing them and playing music in their ear and acknowledging that all is well and bringing them up to that level of Well-Being, their desire would heal them. You wouldn't even have to touch them,

you see. Interesting, isn't it? You see, what pain is... The sensation of pain, what it is, every single time, it is the cells of the body summoning Life Force and the mind-set of the human blocking it. That's why often you go into a coma while your body heals. That's why often you want to sleep more under those conditions.

So, we would re-label ourselves, so to speak, soother, healer, conduit of Energy, and, of course, manipulator. The things that you have learned about their body are very, very important, and you are doing an effective job of aligning and bringing people back into adjustment. But have you noticed? You know this from your own experience. If you work too quickly on someone, even though you go through the same motions, often... Haven't you seen two people in a similar situation? You've performed essentially the same thing, and got two different results, and it has to do with their ability to relax and allow it.

And so, your first work is to help them to understand that they can get to where they want to be. Your second order of business is to let them know that, mostly, what they have got to do is relax and allow. In other words, you don't have to say... Because some of them won't understand, or even want to hear anyone talking about, the Universe or Energy or vibration. In other words, they just want to feel better. So, you're going to choose words that are appropriate to the individual. But, in every case, their work is to relax, and your work is to get them to relax as much as possible, and then, once that is done, you knowing what you want, you can focus.

Do you know that you could sit across the room from someone who is in discomfort, hold them as your object of attention, acknowledge what it is that needs to be done in their body—and you could affect it with your mind without ever even touching their body? The benefit of having someone touch you is: First, there's greater expectation of response. Second, the touch itself is a distraction from the thought that has caused the resistance of the Energy Stream, to begin with.

So, the new label that we are wanting... We are wanting to see yourself, first and foremost, as a conduit of the Energy, and your first order of business is to prepare your subject for the allowance of the Energies that you are going to flow.

Earlier, we offered the analogy, "You wouldn't want to water your flower garden with a fire hose." And sometimes that's what happens. You're all tapped into the Energy. You know that all is well. You are wanting on behalf of your client. Your patient is wanting on his own behalf. So there is huge desire that is summoning the Energy, but he's not in the place of allowing the Energy that you're projecting to him. So, it's often less beneficial than if you had done nothing, you see.

Q Okay.

A So, if you are counseling your clients, beforehand, say to them, "All is well here, and I feel quite confident that with a little bit of time, less than you might think, we can restore alignment here." And you might throw in, "I'm understanding, through years of work, that the alignment is not just the alignment of your bones. It's the alignment of your Energy cells. It's the alignment of the electrical circuitry of your body which means, the more you relax, the more that will flow. The less you worry, the more that will flow. So what I want to convey to you," you will say, "you're reaching for feelings of relief. Not just physical feelings of relief, but relief from worry, relief from concerns, relief from anger." Because if your patient is in an attitude of relief, his valve is wide open. His circuits are open. He can fully receive the Energy that you are flowing, and his body will actually help in the adjustment.

In other words, chiropractics, in and of itself, is a very bulky thing. In other words, the cells of these individuals bodies is sort of like doing surgery with a hacksaw or a chain saw. We're not saying... We're saying, all medicine is like that in comparison with the cellular

surgeons that are in someone's body. So what you... You see yourself as one who activates the cellular surgeons, you see, which means, it's more about what you project, it's more about what you know, it's more about the soothing of the client, and then you will be guided to physical motions that the cells will respond to—and you will find yourself working miracles. And then, the follow-up is with them, you've got to get happy and stay there. In other words, that's where the teacher part of you comes in. Help them to understand that their tension is what brought that about, to begin with, whether it is a car accident, or something that happens in what they would call stress-related. It's all the same. It is misalignment of Energy.

Q Great.

A Good. Indeed. Yes. Oh, you are ready for us. Right here. Then right here. Yes. Right here.

What if your rules required bigamy?

Q Hello. I have a question about relationships. I'm married for 15 years and I recently fell in love with another woman, and we were trying to be very open about that, and it was a very good experience at the beginning and kind of adding on love to love. And I was just wondering if there is something like a Universal Law that love should happen between two people, or there's any limitation from the Universe in that interaction?

A There are no limitations. You are born to be lovers. You are born to love. Are there any laws that stipulate how many you should love or how long you should love the ones you love? There is nothing like coming from Nonphysical. You are all free to move about and focus and allow your love to flow wherever you choose.

In the beginning, most relationships are wonderful, or better in the beginning, because you are fresh and new to each other, and you are in the moment, and whatever the vibration is that you are offering in the moment is what has caused the two of you come together. As relationships grow, through time, often, what happens is those two people, who were once fresh and vibrating in the now and serving as catalysts to help each other to connect to Source Energy, which is the best that there is. In other words, two people connected to Source, coming together, two people appreciating each other, it is a wonderful time. It is a wonderful experience.

But often, in fact, usually, as relationships mature, you begin... In fact, it happens almost in the first encounter. You begin whittling away at the freshness that will keep it wonderful, by saying, "Tell me about yourself." It would be ever so nice, if instead of saying, "Tell me all the old stale stuff that you've been through..." In other words, instead of saying, "Here you are in your fresh and powerful now, and the desire that has developed out of all that you have lived is pulsing and has brought us together, and here we are in this fresh powerful place." And then you say, "But tell me, how did you get to this place?" And so, then you begin the long, gruesome press through the contrast that brought you to this fresh place, and before you know it, your relationship is so convoluted that ugh, ugh, ugh...

Q So, really, my question is, how can I keep the three of us in that loving...coming from a loving place instead of...?

A By each of you... You don't all three have to do it. You could be enough to do it. But by getting into a rampage of appreciation. By holding yourself in your powerful now in the vibration of appreciation as you reflect on any of you.

Now, there are many who would say, "Abraham, this is sick. This is not... This surely cannot be what Nonphysical intended about relationships." And we say, what Nonphysical knows about relationships is that you are all interrelated and that every relationship is eternal, and once you've established a relationship with someone, you will never be away from it, but you can... The relationships can't stand still. They must continue to evolve.

And so, as you stand in your now and you reach, whether you're thinking in past, present or future, if you are letting the criteria of your choice of thought be, "How does this thought feel," and you are determined to find thoughts that feel best, then you can hold yourself in a delicious relationship with many people simultaneously.

The beliefs and attitudes, and often, even the laws of your culture, make it difficult for you to desire something like that and feel good about it at the same time. In other words, most of you, when you find disagreement in your peers or in your culture about something, most of you do not allow yourself to want it. In other words, you feel guilty. Your wanting is strong, but your guilt is in there, too. And so, it requires a releasing of that discordant vibration that you would call by the label of guilt in order to really soar with this.

You see, here is the thing. We want to talk about this because you are in the midst of a sexual revolution. In other words, there is so much confusion relative to this subject. And so, we want to take a moment here to bring you a sense of ease about this. We want to begin by talking about *Law of Attraction,* which says, *that which is like unto itself is drawn*. Now, when you are a Being, or when you are a culture that understands what it means to be connected to your Source Energy, and you are deliberately choosing thoughts and words and actions that feel good to you... In other words, you are deliberately keeping yourself in that high, pure vibration, then whatever you attract is always a Vibrational Match to what you want and who-you-really-are.

But when you are a person who doesn't know anything about vibration, who is guiding yourself by a set of rules that, for the most part, have come about from lack... In other words, every rule or law that has ever been written, whether it is one of your sacred religious rules or your more secular cultural rules, every one of them comes mostly from a place of knowing what you don't want, and from that place of knowing what you don't want, you make a rule.

Now we have to say to you, and you may have already figured this out, but we'll say it anyway. These rules that have been handed down to you that you think are religious in nature are almost, without exception, driven by economy. Your church and state have been so intertwined from the beginning of all of it that those who are making the rules are motivated by economy. Sounds harsh. It is accurate and it is not a bad thing. It is a good thing because it is the one thing in your civilization that is really more dominated by *Law of Attraction* than anything else, you see.

So, if you can step aside from what anybody else thinks about anything, and make your decision that you're going to identify—you're wise enough to identify through the data you sift through—what you want, and you are wise enough to align your vibration with your desire, and you trust that a Law far greater than any law you've ever seen, even greater than the law of gravity, will assist you in achieving, then you can relax and understand that your free will really is an important part of all of this.

People worry about each other—that you might make bad choices. In other words, they don't trust you in your ability to make good choices. That's why so many laws are written. And so, there is a sort of natural rebellion that comes forth within any of you who are not wanting to

following the guidelines that someone else has prescribed. There are so many things that you do that are so hindering in nature. You would be so much more efficient...

Esther and Jerry sat in a subway sandwich shop, some time ago, and they are... Jerry has always been—Esther is becoming more—so ravenous for something to think about that Esther is reading the wall. They have all of these things about the subways in New York City, and she is reading the wall, and Jerry is politely listening to what she is reading, and she comes to a place where in New York City, during the construction, there was someone who was wanting to orchestrate all of the driving. In other words, they have the city so torn up with all of this construction; they wanted someone to orchestrate the routes, and a very wise man said, "No. We will leave, every citizen of this city, to his own devices to get where he is wanting to go." And it was magical. When you leave it to the individuals, they find a way of making it so much more efficiently than when someone decides they are going to do it for you, and can't possibly, cannot possibly do it.

And so, your work is to sift through the contrast. Each moment decide, as clearly as you can, what you want. Do your best to get your cork floating, and live happily ever after. When you are...

You see, when you allow *Law of Attraction,* rather than some rule that someone else has designed to guide you... Let's say that you are someone who knows that all is well, who sees value in so many people, who knows your value when you interact with people, and who likes the idea of having many people to love, maybe even many lovers, and you have found vibrational harmony with that... In other words, there is not resistance within your vibration. You are not afraid that it's wrong and including it in your vibration anyway. In other words, your vibration on this subject is pure. When you are sending out a pure signal, you then attract to you someone else that believes and feels the same way.

And so, two people who want that kind of relationship have a wonderful time together. But if you are a person who wants that, but who also is aware of the laws and the rules and may even be pushing against the laws and the rules, but since there's no exclusion, you're including that in your vibration—now you're sending out a mixed signal. And so, under those conditions, you could very well attract someone to you who wants to be with you, but who clearly does not want you to be with anyone else. That's where your trouble comes in, because now you're in love with someone who wants you and only you, and now you are conflicted. What do you do, you see?

And the whole thing happened because your Energy was not clear to begin with. That's why we say, line up your Energy, then take action, line up your Energy, then take action. The good news is, anywhere you stand, you can line up your Energy. And so, when you stand where you are, and you come to a clear conclusion about what you want, and you find positive emotion within the thought, and you begin offering a signal that is very clear, only those that are Vibrational Match to your signal will be there. So, those who are in harmony with your decision will remain with you. Those who are not, by *Law of Attraction*, will go somewhere else, and you must bless all of them, whether they stay or go in your process.

There are those old-fashioned—Esther is one, Jerry is one—who have different ideas about what they themselves are wanting. Anybody can do anything they want. They have ideas about what they are wanting as they offer a signal about that, they attract another who has the same signal. You get the sense of what we are talking about?

So, no rule to require... Isn't it interesting that there are rules to require it to all be the same which would disallow one or the other from having...? In other words, if a law was passed that there must be free love, and everyone must have at least ten partners, and you've got this check-list, and you've got to report to the government every week to let them know that you

have met your requirement, there would be chaos in this nation, because there are many, many, many who do not want that. But it is every bit as absurd that they pass laws that say you must have only one. There is not a law, "One size fits all," you see. And so, the sexual revolution continues. It is really the revolution of freedom. It is the revolution of Creators. It is... In other words, and we don't encourage revolt, because revolt is always pushing against something. We encourage rampage. Rampage toward one's desires.

Q Thank you.

A Yes. Come forward here. Yes. We'll come back to you. Stop there on the way. Yes. Right here.

He's got alien bones on his mind.

Q Hi. Thank you. I am... This is a curiosity I have about my Universe as it's unfolding. I'm living inside the Abraham, and I've listening for a year, and I'm the Creator, and I've heard a little about what you've said about, say aliens, and then, I've heard a lot of other things that... Well, what I've heard you say is that you're not going to find any little alien bones, and things like that, but they happen in the mind.

A Well, they are not manifesting in your time/space reality but they are projecting. In other words, there is projection of Energy. It is just outside of your physical agreement that you intertwine—outside of your physical physics.

Q Okay. Now I listen to a show at night—Art Bell—he's real popular and he has a lot of... And as I go through time, over the last couple of years, more and more credible people—scientists and like—are talking about places like Roswell where there really were crashes, and where we got our computer technology...

A Here is the best way to approach all of this because we could spend the rest of your life debating this issue and leave you not much clearer than you are now. Here is the best way to understand this: You are Creators, which means anything that you focus upon, by *Law of Attraction,* you will create. There are not exceptions to that. No exceptions to that.

So, when you offer thought to something, the thought itself is a Creation. In other words, it stimulates your body, it evokes all kinds of physical things in your body, and if you think long enough, or if you gather together with others who think similarly, or samely, eventually, that thought becomes more than what you call thought. It becomes Thought Form. And when it becomes Thought Form, those who are a Vibrational Match to whatever it is, begin to have physical, visual, auditory... In other words, you begin to... Your sensory perception begins to decipher the vibration of it. If, over time, and time is not so much the factor as the intensity and the purity of the concentration about it, then that physical...that thought that has become Thought Form, then becomes manifestation. And that is what has taken place relative to your earth plane, you see.

So, certainly, the physical manifestation is a big part of all of this. The physical sphere upon which you live is created by those pure—and we are only calling the Nonphysical pure in the sense that they do not have resistance in the vibration—the pure Nonphysical part of you is the part of you that is clear enough and focused enough and connected with the Energy enough

that you take these things from Thought Form to physical manifestation. In other words, it is from that perspective, only, that mass and matter are congealed from thought.

Now, you all did that from your Nonphysical Perspective, and then you said, "Now I want to go forth as a physical Creator on the planet and I will further continue to create from my physical format." But you did... In the same way you do not, from here... In other words, we encourage you to do all kinds of creative things from where you stand, but you have never heard, and you will never hear us say to you, we want you to put on your today list or even on the Universe's side of the Place Mat, "Let's create another world out of the mass of thought, and we will motor there in our space ships." In other words, those kinds of creations are taking place from the Nonphysical Energy part of you, not from the physical part of you. You get the sense of this?

So, yes, there are many, many, many more than there are words enough to describe, civilizations of a physical nature. In other words, your logic lets you know that it would be very odd if this was the only one. But it is our absolute promise to you that it is not your intention to intertwine, you see. So, we are not... These are credible people. We are not questioning, at all, their motive or their intent or their experience. We are just wanting to clarify it.

It's like recently someone talked to us about the process of ascension that has been... It is fading a bit. But it has been a very big topic on the minds of many, and there are quite a few varieties on the theme, but the basic theme goes something like, "I will remain in this physical body eternally, and when I make this decision to make my transition, whether it is by deliberate intent or by default, I will then take this physical body with me." And we say to you, it's not going to happen in the way that they are describing because there is no place for your physical body in a Nonphysical dimension. You can't waste water. You can't get one bead of water out of the atmosphere of this time/space reality, and we promise you, you're not going to take any of that flesh, blood and bone either, you see. But, the reason that so many are believing it is, because they are tapping into an absolute understanding of what happens when you make your transition. In other words, the description of the ascension is exactly what every single Being does when they make their transition.

[Jerry: This is the end of side A of this recording. Please turn the cassette over and continue with the message.]

A But, the reason that they are wanting, for the most part, to take their bodies with them, is a fear-based reason. In other words, it usually comes from the framework, "I've lived in this body. I didn't understand for... I believe that when I came forth, I knew all of this. I forgot it after I had been here for a little while. I banged around. I had a hard, hard time as I was more disconnected from my Source Energy. Then, through trial and error, I found my way back on my path, and now I am reconnected with who-I-am, and I am empowered, and I feel so wonderful, and I don't want to die and come back and go through that all again. I want to remain in this physical body in this empowered knowledgeable state that I have achieved." And we say, ah, you come forth again and again into this experience because you want the new experience. You want the different set of contrasts, you see. You don't want to come and maintain the same mind-set. Most of you, the longer you are here the more removed you are from Source Energy.

And so, this subject falls into the same category as that. Most people, who are describing intervention or interaction with those from other galaxies, are doing it from... Well, there are few reasons, but a primary one is, "We are not doing a good job of taking care of ourselves, and we need someone to ride in on a white horse, or better still a white space ship, that has better understanding of the *Laws of the Universe*, who will teach us and save us from ourselves. And

we say, that, in and of itself, defies the very reason that you came forth into this environment. You don't need saving and you're not doing bad. Well-Being does abound. You are Creators in a Creative Workshop, you see.

But there are those who are always looking for a nation to lead you or a leader to lead you, you see. It all comes, as we have talked about a few times here, because so many of you have lost your sense that you are here to lead yourself. But we promise you, no leader will ever come forth from any galaxy. Not a Jesus. Not a Buddha. Not someone from another planet to do for you what you have intended to do for yourself. It's not going to happen.

Q Thank you.

A Well, we're glad we got that out. We wouldn't spend any time trying to convince anybody of any of that because...

The other day, Esther was thinking about someone. A very dear person in their life, and she knows that their religious views are very uncomfortable for them. She can see that their lives are not going well and she would love it if they knew what she knows. But she said to Jerry, "It's not my business and if I were to try at this late stage in their life to impose what I know into their experience, it would cause such chaos and havoc. I must allow *Law of Attraction* to guide them to the asking, and if they ever ask, I know that the Universe will find a way of delivering it to them." Don't try to assert anything that you are coming to know into anyone else's experience. Just know it, and live it, and be it, and allow them to have the same experience.

Good time for segment of refreshment. We are complete.

Have I become a nicer person since I started learning this philosophy?

A Yes. Here and then we'll come back here. Yes.

Q Thank you Abraham. I wanted to thank you on behalf of my wife. She sent me here. She wanted to be here, and she wanted me to tell you how grateful she is to you that I'm a much nicer person now.

A Tell her it is all in the eye of the beholder.

Q Something that I did that I think is certainly an Abraham principle, and I found it in John Gray's book. I'm writing daily love letters to my wife, and I thought that she would be the beneficiary, because that's the way it was stated in the book but I, in fact, was the beneficiary, because we've been married 31 years now, and our familiarity type of thing breeds contempt, I guess. I guess not too many of us have been married that long, and so... It was remarkable the effect that I got, which is I look at her now, and I see a beauty and an attraction, and a love, that these daily love letters is just so profound and my life is much better now. So, I thank you very much.

A Remember that your vibration is where you last left it. So, if you take the time to focus on someone you love, and through your appreciation, you connect with Source Energy and flood it all over her space, and all through your space, it is easy to understand why your life would continue to get better and better, isn't it?

Q We're like on a honeymoon now. It's like pretty great.

A Yes. Indeed. You are complete.

Q I am complete. Thanks.

A Yes.

She plummets through extremes of career contrast.

Q Hi. Thank you. I wanted to talk to you about the extremes of contrast that I feel in my life. I can go along and feel like I'm in total bliss and just having love gushing out of my heart all over the place, and then, I can plummet to feeling, like, horrible about myself and...

A Well, it's normal, you see. It's normal that the more connected to Source Energy you are, the more you can't stand it when you are not. People say to us, "Abraham, is it normal for all hell to break loose in my life when I begin doing Abraham work?" And we say, yes. Because when you begin to touch that higher vibration, then you are more sensitive when you are touching the vibration that is not there. But eventually... See, what will happen is that higher vibration of your Source will begin to become so familiar to you that you will recognize whenever you are walking into a thought or into a situation that deviates from it. So when you...

The next step for you, now, is to just make a decision that you want to, as much as you can, stay in that better-feeling place. You have more control over where you go than you think you do. Now, to let you off the hook a little bit, we want to say to you, that sometimes there is a subject, especially when you are beating up on yourself... That's something that you've done regularly.

In other words, you heard us talk yesterday about the little girls putting their feet in the stream and getting swept away by the bigger current. They didn't understand the power of the current. Well, there are quite a few rivers... There's a big negative stream that is created by the spin-off of man's conscious mind relative to body weight, one relative to not enough money, one relative to relationships, one relative to I'm not worthy. In other words, there are these currents or rivers that sort of flow, and when you get focused on something... It could even be a television program you're watching, or it could be running across an old note that you got from someone... It could be a fragrance or the sound of a song that takes you there and causes you... And if you stay focused there for as little as 17 seconds, you begin to offer a vibration that now connects you into that bigger current. So, sometimes, you get a lot more than you bargained for, and it seems even more than you deserve when you go so negative so fast, but it's because you last left that vibration at a pretty strong pitch, and when you step...

Have you ever seen your science teacher in grade school demonstrate with magnets? And here is the magnet, and here is the nail, and they are sitting there on the table and neither one is very interested in the other. And then, he pushes the nail a little closer, and still nothing, and a little closer, and still nothing, but at a certain point, if he gets that nail close enough to that magnet, it's drawn right to it. And the same sort of thing happens with these thoughts that are attracted. When you hold a thought long enough, and begin offering a current about it long enough, then it is quickly drawn to other thoughts that are like it, and on some of these thoughts, sometimes, it's a current that you singularly have set into motion, and it's just there waiting for you to reconnect with it.

It's a little bit like you are the radio station that has broadcast all these signals and then, as you are tuning around on your dial, any signal that you had broadcast, you can tune back into. And some of the signals you have been sending so long, it's like a hundred thousand watts that's going out across the whole western part of the United States, and when you get close to it, you get it right there. Have you ever been in a place where there was a big powerful booming station out there and it bled over the little station you wanted to listen to? There is a station that you really wanted to hear and this big old loud thing just kind of... Well, it's like that.

Sometimes you've got these signals that you've set into motion, or that the Mass Consciousness has agreed with, and when you get close to it, it comes into your tuner, and you say, "Where did that come from? I didn't think I was anywhere near that." And we say, no matter. As soon as you feel the negative emotion, just stop, realize what has happened, retune your signal, send out a stronger decision.

What really helps this is just making a decision that nothing is more important than that I feel good. If you will begin to make your decisions about what you think about past, present, future or what you observe in your now, selectively sifting for those thoughts that feel good. In other words, in the same way that you are picky about what you put on your plate, or about the clothes that you wear, you're wanting to be more particular about the thoughts that you allow to vibrate and affect the way you feel.

So, a good way to do it... In other words, which feels better? To acknowledge that all is well, or to think about the world falling apart? Which feels better? And people will say, "Well, Abraham, don't you mean which is more realistic?" And we say, it's all realistic. In other words, you can create anything. You can create castles or buttons. You can create agony or ecstasy. The choices are unlimited. So the "which feels better" is the only criteria that is important. Because when you say, "Which feels better" selfishly... When you say, "Which feels better?" now you are choosing the vibration that is higher, you see.

Sometimes people say, "Well, Abraham, what about these murderers who claim to have such joy in the process? Aren't you encouraging bad people to go do terrible things?" And we say, no one ever connects to Pure Positive Energy and does anything unkind to anyone. It can't happen, you see. You cannot be in that connection of joy and ever do anything that would be detrimental to any other experience, even to your own experience, you see.

Want to talk about something specific?

Q I feel like I'm in the middle of a transition as far as how I spend my time and, I guess, you could call that career. I'm moving from working with computers, which holds no interest for me at all, whatsoever, anymore, and I really have an urge to do something with people. And I'm having a hard time getting in touch with what that might be.

A Well, it doesn't surprise us because you are a teacher, and so, you were born intending to interact and uplift. You don't have to figure out the specifics of it. The best way to do it is to find a general feeling about it. In other words, think...

What do you enjoy? Talk to us about people. What is the thing that comes to your mind most, that you like, about interacting with people?

Q I guess I'd say, letting my Energy flow. I love children and it's really easy for me to love them and to feel that outflowing.

A Now, we want to talk about that just a little bit because children, for the most part, are still connected to the Energy Stream, and so, when you are interacting with children, unless

something about the format in which you are involved has them disconnected from their Source, for the most part, children are still summoning pure Energy. And so, when they hold you as their object of attention, often, they flood Pure Positive Energy all over you. So, the computer won't do that for you.

Q That's right.

A But what happens, often, is it's easy to become addicted to somebody else summoning Energy through me. In other words, it would be lovely if all of you could have teachers and mentors and people around you who were writing love letters to you every day. How you would all thrive if someone was holding you as their object of attention while they connected with Source Energy and infused it all over and around you. But, it's not anybody else's job to do that for you, you see. And yet, often, without even knowing it you...

In other words, when a child looks at you, or a dog, even, and offers that unconditional love, we understand why you would crave it. What you are really wanting to do is to find ways to connect to that Stream yourself, and flow it all over the place, and once you've done that, you will not feel any limitation about where you go and what you do. You see what we're getting at?

We think that you are inclined to teaching because you came forth to teach. You are an uplifter. You want to assist people in understanding why they don't feel good or why they do feel good. In other words, this is what you've come to do. And so, we are sure you are getting a lot of those kinds of impulses.

But we have to tell you, it is unlimited. The way that you can go about... In other words, nothing has been assigned to you. You can do... You can perform all of the value, and more than you had ever intended, from your Nonphysical Perspective just by getting happy and staying there, and letting your light shine whenever you go in the grocery store, in the elevator, walking down the street, walking through the neighborhood, waving at people in cars.

The other day Jerry and Esther were driving in San Antonio, and Esther could see that there was a car that was wanting to make a turn and there was so much traffic. And so, Esther just yielded and let her go, and the woman blew Esther a kiss. And as Esther received it, she said, "Wow." She just felt it. It was like a blast from God. And then Esther thought, "That woman is running around this city blowing kisses all over the place." In other words, there is not a higher calling than kiss-blowing in traffic.

Q Thank you.

A Good. You are complete?

Q Yes.

A Right here and then here.

Staying in a state of perpetual creative motion.

Q I just couldn't help but take off on that because one of the things I have done is to change my way of thinking, especially while I am driving, as I made a bumper sticker that basically all there is, is it says, "Good Happens." And it's interesting to see the reaction.

A Jerry and Esther saw it and appreciated it and agreed with it.

Q The reaction to that is that, it's usually quite positive. And the other thing I was just thinking is, it's more in relation to a yes/no answer, but in the area of "wanting", we identify what it is, or where we want to be, or what we want to have in our life with the idea of "wanting" something, and I found myself being in that "wanting" state and not getting out of it and moving into the being state. In other words, to imagine the life you want to live, and then live the life you imagined as if it were already present in your life at this time. So, is that a correct way to look at it?

A It is a very good question. We want to talk about this because, often, people are very uncomfortable about the word *want*. Jerry and Esther get letters every day trying to guide Abraham away from that word, because *wanting* sounds like not being there yet, or *wanting* sounds like still being in lack. And we understand what they are getting at. But the thing that we want you—there it is again—to understand is that *Law of Attraction* abounds, and when it is said to you, "Ask and it is given," there is no more powerful statement that is at the basis of what makes things happen than that. "Ask and it is given."

Now, how is it that you think you ask? With your words? The Universe doesn't hear your words. With your desire. The desire that is born out of the contrast. That desire. That wanting. That's what summons the Life Force, you see. And so, we don't want you to go from there to already having it and not always be... We want you to always be in that place of wanting. Always in that place of desire, you see.

Sometimes, someone says, "Well, I don't *want* a new car. I've got it." Well, we still want them to desire the car. We want them to continue to desire the benefit of the car. We want them to still desire transportation. We want them to still desire movement around the city. You see what we're getting at? Because if you ever get to a place where you have not desire, you'll cease to be. Don't worry. It can't happen. Oh, you could pinch yourself off from it here and croak, but you'd re-emerge back into the Nonphysical where your wanting is sublime and eternal, and you would re-emerge back into the physical very fast, you see—because *wanting* is your most natural thing.

Think about it. Are we Eternal Beings? Do you accept that? Are you beginning to get it that what makes us eternal is... And do you understand, or yet believe, that *Law of Attraction* is dominant? *Law of Attraction* abounds. So, if there is no such thing as assertion, if it's about attraction, then can you understand how the contrast gives birth to a desire—and the desire summons the Life Force forward? You see how it works?

We are not standing in the Nonphysical asserting at you. *You have, from the Nonphysical, imagined yourself here, set the desire out in advance, and you summoned yourself here from that vantage point. It is all about attraction*. You tip toe around this when you think about the idea of perpetual motion. Haven't quite got it figured out yet, but at the basis of it is *Law of Attraction*. In other words, "Here I stand. I imagine. I give birth to a desire. That desire springs forth, and then that desire, which is a part of me, now summons Life Force to itself through me. And then, there I stand in that new vantage point with a new set of contrasting experiences to give birth to new desire—and that new desire then moves forth, summons Life Force to itself through me, and I stand in a whole new place with a whole new set of contrasting experiences to give birth to new desire. You see how it is?

So, you're not ever going to... Do you finally get it? You're never going to get it done, and those of you who have been tired, we know that is depressing to you. But we say to you, the only reason you are tired is because you are full of resistance, you see.

Oh, to have desire and get it out there and know that it will be fulfilled, and the Energy flowing through you. And then, another desire that you get it out there and you want it to be fulfilled and the Energy flows through you—the passion, the eternal passion that flows through you, eon after eon after eon. Can you imagine that sort of Energy flow through you here? You're trying to summon it, but you're not letting it through. You do. In other words... You get a sense of what we are talking about?

And so, what goes wrong for people is that they summon more Energy than they have learned how to allow, or they don't summon Energy. You've either got... For the most part, you're summoning more Energy than you can allow, so, you give yourself a headache. Or you're afraid to summon it, so you're bored. And we say, it's a fine line, isn't it? It's a balance. You're constantly refiguring. You're constantly making new decisions. Making a new decision, finding a new desire, and feeling the freshness of the desire.

The other day, Esther broke something as she was dusting, and she said, "Oh, good, something else to buy." For years, she says to Jerry, as she walks past a beautiful thing, "What do you think of that?" Jerry says, "Where would we put it?" Now she has a place. Something to *want*. A feeling... That feeling of desire feels so good, doesn't it? Very good.

We highly recommend it. In fact, we think it would be wonderful if, when you went home, it was gone, altogether. You didn't like that, did you? Ah, to be in a state of all new, in a state of *all* new. In other words, it would be so wonderful to be in place where your desire was peaked again. Oh, it's a fine line because, in truth, you have enough desire within you to keep yourself busy for 20 or 30 lifetimes, but there is something so delicious about personally articulating a desire, and then finding your balance within it, and feeling the deliciousness of that fresh desire bubbling within you.

A desire that is within you that is not laced with doubt—is divine. A desire that is within you that is covered with doubt, is yearning. And yearning has resistance in it, you see. So, that's why we say, you have to feel your way through this. If it doesn't feel good, back off from it.

If you have desires and they're not coming, then step back from the *specifics* of them, and begin talking about *why* you want them. And in the more *general* discussion of why you want them, you will lower your resistance—and the desire will then begin to bring you pleasure.

Jerry has been such a meterer. He wants to savor the Creation. Esther wants it all, now. Jerry wants to savor it as it comes. They are that way with their food. Esther eats hers quickly. Jerry, 20 minutes later, still pondering. Esther is trying to snatch his plate out from under him before he is finished. *There is something wonderful about savoring as you go, and in the savoring, understanding, that there is no limitation, but wanting to milk each moment for all the pleasure that it can bring.*

In other words, they are in a process of building a new office, which means, they could hire an architect and have it built and go home and find it there—or they could get involved in it. Yesterday, as they are driving about, they stopped at several buildings and just looked at roof lines and surfaces and structural design and the way it sits in the land and window treatments and how the doors open—and received more pleasure in an afternoon of just observing a combination of things, than most receive in the whole process of building a building.

Most of you don't quite yet get it that life is supposed to be fun and that you are here in a Creative Workshop of enormous proportion, and it is your work to use the data of this time and space to create, within your imagination, combinations that please you. And when you hit upon one that really pleases you, the Universe knows that. The Universe feels the signal and starts moving things into place.

Esther said, how odd it is they keep finding themselves in a building, and one or the other of them will say, 'Isn't this the way our windows are going to be?'" How odd it is that the

Universe is even designing where they eat lunch, in order to give them to data that they have achieved vibrational harmony with.

You have an enormous staff working on your behalf, ready to give you any information that you desire and any information that you are ready for. Toward what end? Toward completing the building? No. Toward some physical manifestation? No. Toward some reward in Heaven? No. For the sheer joy of the expansion that you feel as Life Force flows through you.

"But, Abraham, there must be more. There must be another reason. There must be a bigger reason than for my joy." There isn't. "Aren't I here to serve something? Isn't there some end that I'm getting to?" There is no end. Everything—all life—is in the moment. *All life is in the moment, and you have this magnificent body and this incredible Consciousness, that is your focal point, right now, where you focus the Energy that creates worlds into this powerful now.*

We give this to you not because you have responsibilities that you are not fulfilling. We say this to you because we want you to relax and accept the perfection of what you are. We want you to understand that you cannot get it wrong. We want you to understand that you are decipherer of data. We want you to understand that all of this contrast exists to assist you in, here and now, coming to a decision of how you—you magnificent Creator—would like to flow the Energy that creates worlds, now. This is who-you-are, you see.

So, you can't get it wrong. You can't squander it. You can't not use it enough. In other words, you can't do anything wrong—and you, individually, get to decide how much you summon. If it's too much, back off. Of that which you have summoned, how much are you allowing to flow? *You get to choose every part of this. This is who-you-are*, you see. Good. Very good.

Q Thank you.

A Yes.

Q There is one... That sign I had made at a Pro Sign Shop and it cost about $5.00. If anybody...

A When you said, "Most of the response is good," we heard something there. Are you getting any negative response that is uncomfortable to you? The reason we ask is because the sign says so much, but you almost can't read it without remembering the other sign.

Q That's true.

A And those who have the other sign... In other words, there are people on this planet who, if they were in this workshop today, would be throwing oranges and tomatoes at Esther because they, in the microcosm that they are living, are pretty sure that there is not a dominant Stream of good, because they have very little evidence of it in their life experience. And so, sometimes it is beneficial to find a way of saying it that does not directly contradict what somebody else has decided and stated. In other words, it's one of those Streams of Consciousness that we are talking about. Float your cork. Jerry has been working on that bumper sticker. "Whatever floats your cork." No one would argue with it because they don't understand it.

Q In answer to that question, if I should be in a position where somebody feels I am in their road, they probably aren't too kindly impressed by the sign on the back of my car. Other than that, it is great.

A It is a very good sign. Yes. Right here.

Should parent protect child from a dis-empowering teacher?

Q We have three children, and my question is specifically about our youngest. She is everything you were describing here when you were up talking to this fellow. You have her in a nut shell. When she's observing something that she's not wanting, she keeps her attention on it for a nanosecond, and then, boom, she's off flicking the light switch if she has an upset. It's incredible. She's a lot of fun. She puts the "h" in humor. She keeps our whole family balanced and moving and inspired.

I found her headed down the driveway with a little wooden table and chairs not too long ago, and I asked her what she was about, and she said she was going to sit at the end of the driveway and sell her art. And I have enough Abraham in me not to tell her what a futile effort that might be, and she made $4.50 and a popsicle in a very short time. The first art she sold was to my ex-husband. She's just amazing.

She has a teacher this year whose name is Mrs. Woo, and Melanie calls her Mrs. Woo Woo. And Mrs. Woo takes the "h" out of humor. I went into her classroom the other day and discovered that Melanie's desk is the only desk that doesn't fit into the classroom. It's off on its own. And we've been discussing moving her out of that class. And I want to be clear on what I want to move her to, rather than what I'm moving her from—really clear on it. I know there's teachers out there that...

A Are you wanting to take the role of her Guidance System? In other words, are you wanting to put her into an environment where she need not ever decipher what feels good and what feels bad?

Q No. Not so much. But what's happening is, over the course of the year, when I've watched the teacher...has talked to me in front of Melanie, and said some very negative things. And Melanie's been able to go down, float it, go down, float it. It's getting harder for her to do that. I get the feeling that she's beginning to think there's something the matter with her, when there's not. I think there's teachers that teach... I might not agree with everything in the system, but I think there's some people that do it for a job and some people are passionate about it, and I'd really like to hear...

A Well, here is what we see. There are some teachers who believe that to teach means to remove everything you know and replace it with what they know. Which means, there are some who want you to conform, and there are those who teach self-empowerment, and if you have an opportunity to get a whiff of them in advance... Of course, you are always better off, and your daughter is better off, if she can find someone who teaches self-empowerment.

Now, the reason we are a little soft about this is because we are really not advocates of a parent going ahead of a child and paving the way so the child never has any sense of what their own emotions are telling them. Sometimes, it can be even more beneficial if you help Melanie give her teacher the benefit of the doubt by just helping her to understand that she knows things that this teacher doesn't know, or that she's still remembering things this teacher has forgotten. There can be real disadvantages to paving the trail and making it all smooth because often, then

you take away your child's resources to find their own balance because you can't always be there to smooth the trail, you see.

And so, we would take an opportunity to first discuss with your little one what's actually happening. She will get it. And help her to understand. In other words, you have far more influence. You see, one who is connected to the Stream is more powerful than a million who are not, and your little one is mostly connected to the Stream. And so, when you are connected and you give her those words that say, "When someone makes you feel good, it means they're in a good place. But if they're making you feel bad, it can only mean that they're not in a good place." In other words, there is great value in this for her, and we would not too quickly take her out of the classroom. The percentage of teachers who understand what you know is microscopic, you see, and yet the Well-Being is most of it, you see.

And so, don't see your child as fragile. She's not. Her connection isn't fragile either.

Q Okay. Thank you very much.

A Indeed.

How do I undo the damage I think I have done to my children?

Q Thank you Abraham. I think you've answered my question but I will state it anyway. This nice woman back here was talking her three children. I admired her comments so much when she said, "I have enough Abraham in me to allow her to do what she wanted". And I realized in that profound clarity of the moment, that I have not been doing that.

And I have this eleven year old... I have two daughters—one's eleven and one's eight—and my eleven year old is this amazingly freedom-seeking individual. And because I am a single parent, I have so many details in my life—and I'm justifying and I realize that—but I have a lot of rules and structure because in order for me to get done what I need to do... And she got up the other morning early—15 minutes early—and instead of thinking, oh joy, a quiet time with my daughter, the first thing that came into my head was, "Oh, no, what is this going to do with my schedule?" And she immediately said to me, "Can I have breakfast now?" And I said, "Well, I've got to finish what I'm doing first." I was putting my make-up on at that point. My question is, how do I undo the damage I think I have done to my children?

A You can't. You can't. But you don't have to. You see, when you go back and try to fix that, all you do is drag all that into the now. All you have to do is, when an awareness comes like that, and a desire is within you, just offer it freshly. In other words, you don't have to fix anything. You've done just fine. You've done the best that you could figure out to do every step along the way, and all of it led to the clarity where you now stand. So, just make your decision in the moment and offer it.

Q Okay.

A Something that is helpful, especially with children, is recognizing... You see, they are eager to become, and parents are eager for them to become in specific ways, and that's why... Those formative years are those years that you train their natural instincts out of them.

Q Right. Absolutely.

A And so, what you're wanting to do now is to recognize that your child has guidance within, and you're wanting to do your best to foster that. In other words, if as a parent, you could remember that your dominant intent, now, from all that you've been banging around and from all that you've discovered, your dominant intent, now, is to be a catalyst that helps your child to understand her connection to Source and her own Guidance System. In other words, that's the most important thing. And life experience is going to help her to find that out anyway, but a little bit of guidance... In other words, to have someone who knows it and could put words to it... You don't stand around and watch for them to do something wrong and point that out. You stand around and watch for the evidence of it working and point that out.

Q They fight a lot. There's this constant turmoil between my two daughters...

A Good. Good.

Q ...and I get sucked into it. And the other day—it was bad—I said to them... I stopped them, and I said, "Okay, Taren, what do you want from your sister?" And this is my eight year old. And she said, "I want her to be kind to me and I want her to care about me." And I said, "Okay, Jesse, what do you want from your sister?" And she said pretty much the same thing. And so, Friday, my youngest came home to me, and she said, "Jesse was being mean to me today, and when she was being mean to me today I said in my mind, 'I want to feel good. I want her to be kind to me.'" So I think we have progress going here. Is that the right way?

A It is the right thing. That's the sort of thing. One thing, if you can don the personality of your children's Inner Being... In other words, as their mother... You see, their Inner Being... If they are vibrating here, and their Inner Being is vibrating here, their Inner Being doesn't zoom down to be with them. Their Inner Being stays here, and sooner or later, if they want it enough, they'll bring themselves back up. It helps if someone can help them understand the process, you see. But mother's usually do zoom right down. That's what you said. You joined them in the fray, you see. And then, when you lower your vibration, you don't have anything to give them, and that's why it irritates you so much when they've made you do it, you see.

So, what you want to do is, you want to practice staying connected even when they are not, so that you, like their Inner Being, can then call them upward, rather than you going downward. That's what the literal meaning of uplifter is. You stay here and dominantly offer that vibration and... Everyone wants to feel good, you see. And if you stay in that place...

Have you ever been this person or been with a person, who was so tuned in, tapped in, turned on, so in love with life, so connected, even though you were in a horrible state of mind, you couldn't get them to come down there with you? It was really irritating, too, wasn't it? Like to punch their lights out. In other words, you go after in every way you can think of to get them to join you in your discomfort because it's true, misery does love company. Well, *Law of Attraction* says that, too. But, they did not go there with you. They maintained their connection, and in their jovial humorous way, found a way to bring you into that place. That is the true example of uplifting.

In other words, so you have to practice that. Especially once your children have developed a pattern of beginning to bicker. And we said, "Good," because it's a very natural thing. They're finding their way. They're expressing contrast. They're having new desires being born. They're fulfilling their reason for being. You keep thinking that you want everybody to come forth and get into some weird place where everybody agrees, and you just sit around and

talk about what you agree about. And we say, friends, no good would come from that. No nothing would come from that. We do agree that it's a nice respite from chaos and fighting, but it is not really what you are looking for. What you are looking for is congenial dissent. In other words, what you're looking for is differences in opinion— differences, differences, differences, not sameness—without pushing against.

And so, something that's very helpful with your children is to help them understand they can both be right and not be the same. What you so often seem to teach each other is, that if you're going to be right, you have to agree with me, you see—which means, you don't have free will anymore. "I've got to agree with you. I've got to go along with what you want."

Jerry and Esther are finding this, just a little bit, with the building. Jerry has moved so far ahead in this building that it's all but built in his mind, and Esther can't see what's in his mind. And so, as they drive around and he points out different things, now she can give her agreement or not agreement, you see. But suddenly, she is realizing it might be a good idea to find her agreement, or disagreement, while it's still in the vibrational phases before the concrete walls are up, you see. Although jack hammers are effective, too. They discovered that on a few occasions as they...

Good. You are getting the sense of it. Yes.

How can I retire from being self-employed?

A What we want to hear is, what it is now.

Q Well, it's our own business. I really wish we could get to the point where we could retire and not have to do all that.

A All right now. Hear the power of what she said there. In other words, it's very good. "I really wish we could stop doing what we are doing." Can you imagine anything—from what you've heard this weekend—can you imagine anything being more detrimental to your experience than saying, "I want more business because I don't want more business." In other words, "I want my business to get bigger because I don't want my business." Can you feel the enormous conflict in that?

Now, let us give you something here. We want to hear from you. When you... You see, all of you... We know something that you probably don't know, and that is, you really want to flow Energy. You would rather feel passion than boredom, but you would rather feel peace or nothing, than friction or frustration. So, what makes you tired is resistance, not the activity of your business.

You see, here Jerry and Esther are way past when most people would retire, and they can't get enough of what they are doing because the pipes are open, and the Energy is flowing, and there is passion within it. So, there's never an idea of, "We gotta get this done so that we can stop doing it." The thoughts are, "How can we arrange circumstances and events so that we can always do this?" Now, part of it is enjoying what you are doing, but we want you to understand that you can have pleasure in anything that you are flowing your attention to if you will allow the Energy to flow.

Begin writing a book, and it's not a book that you will necessarily ever publish, but begin writing a manuscript and call it... Give it the title something like, "The Year I Fell in Love with My Business." The next chapter can be something like, "The Magnificent New Enterprises that We Are Now Involved In with the Revenues We Received from the Magnificent Business that

We Built out of Joy and Passed onto Someone....” You get the sense of what we are talking about?

Q Yes. Yes, I do.

A Script it. Script it into being. The Universe will hear your script. You are entangled in current circumstances that don’t feel very freeing to you. So you’re going to have to take your freedom from your imagination.

Seattle, WA Workshop Closing.

We have enjoyed this interaction immensely. It is lovely to come together with Deliberate Creators like you. Be easy about this and have fun with it.

There is great love here for you. We are complete.